THE GRANOLA BAR

ALL DAY CATERING MENU

Jenn's Picks

MINIMUM 10 PEOPLE

MENU

SIGNATURE GRANOLAS

HANDMADE IN WESTPORT, CT

Cinnamon Honey
Vanilla Almond
Dark Chocolate
Toasted Coconut
Morning Zest
Grain Free

ADD 9oz BAGS TO YOUR ORDER

PARFAITS

$5 *Mini 6oz*
$9 *Full 9oz*

SUBSTITUTE CASHEW OR COCONUT YOGURT +2

OG OVERNIGHT OATS
Oats, coconut milk, coconut flakes, chia seeds and blueberries

CLASSIC PARFAIT
Greek yogurt, Cinnamon Honey Granola, strawberries and blueberries

CRUNCHY ELVIS
Greek yogurt, Vanilla Almond Granola, almond butter, honey and banana

AFTERNOON DELIGHT
Greek yogurt, Vanilla Almond Granola, dark chocolate chunks and berry compote

MORNING ZEST
Greek yogurt with strawberry compote, almond butter, and Morning Zest Granola

COCONUT PEACH
Cashew yogurt, Toasted Coconut Granola, peach compote, raspberries, coconut flakes

THE TGB BREAKFAST PLATTER $7PP
requires 24 hours notice
A selection of TGB's signature homemade breakfast pastries

CONTINENTAL BREAKFAST $13PP
TGB Breakfast Platter plus sliced fruit and orange juice

BUILD YOUR OWN $8PP
Your favorite granola or parfait bar set up in your home or office served with assorted toppings.

SELECT 1: milk, greek yogurt or coconut/cashew yogurt +2

SELECT 2: choose 2 Signature Granolas

SELECT 3: dried cranberries, coconut flakes, chia seeds, chocolate chunks & berries

CHALLAH FRENCH TOAST $10PP
Served with maple syrup, sugar, and garnished with fresh berries. *2 slices per order.*

BUTTERMILK PANCAKES $10PP
With whipped butter and maple syrup.
2 pancakes per order.

SWEET POTATO PANCAKES $12PP
With whipped butter and maple syrup.
2 pancakes per order.

SMOKED SALMON & BAGEL PLATTER* $18PP
Hand sliced smoked salmon served with bagels, plain and chive cream cheese, pickled onion, sliced tomatoes and capers

BAGEL & CREAM CHEESE $5PP
ADD FIXINGS: CAPERS, TOMATOES, PICKLED ONION +3
SELECT 2: PLAIN, CHIVE, BUFFALO

ADD PLATES & UTENSILS $1/PP

GET STARTED

Email catering@thegranolabar.com or call 203-644-9790 with questions or to place your order.

PLEASE NOTIFY CATERING MANAGER OF ANY ALLERGIES.

‡ Contains nuts. * Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

MENU

BREAKFAST WRAPS

A selection of our specialty breakfast wraps, cut in half and served warm.

Egg / Cheese $10

Bacon / Egg / Cheese $10

Sausage / Egg / Cheese $10

Pork Carnitas / Egg / Cheese $10

Avocado / Egg / Cheese $10

THE DANA $14
Egg whites, spinach, avocado & turkey bacon
SWEET POTATO & HOT SAUCE +2

BREAKFAST BURRITO* $14
Scrambled eggs, quinoa, black beans, avocado, American cheese and salsa in a grilled whole wheat wrap
PORK CARNITAS +2

STEAK & EGG BURRITO* $18
Hashbrowns, black beans, avocado, pickled onions, scallions, chimichurri, jalapeño sauce

THE HEISENBERG* $14
Scrambled eggs, sausage, bacon, cheddar cheese & hot sauce

PESTO & EGG WRAP‡ $13
Scrambled eggs, avocado, parmesan, pesto

VEGAN BURRITO $13
Spinach, cauliflower, hashbrowns, black beans, avocado, pickled onion, chimichurri

TOASTS

SIGNATURE AVOCADO TOAST $12
Citrus olive oil on sourdough
GLUTEN-FREE BREAD +1

Feta & Crushed Red Pepper +2

Apple, Goat Cheese & Honey +3

Salsa Macha & Grated Hard Boiled Egg +3

Bacon & Jalapeño Parm Sauce +4
can sub turkey bacon

Smoked Salmon & Pickled Onion* +8

TRUFFLE HONEY RICOTTA TOAST $14

NUTELLA™ BERRY BANANA TOAST‡ $12
Nutella™, strawberry, banana, Cinnamon Honey Granola

GRILLED PEACH & RICOTTA TOAST $16
Grilled peaches, whipped ricotta, hot honey and mint

BAKERY

TGB DESSERT PLATTER‡ $7PP
A selection of our signature bakery treats, garnished with berries

ADD PLATES & UTENSILS $1/PP

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TGB WRAP PLATTERS

Our signature wraps cut in half and garnished with greens. *Mix+Match*

GLUTEN-FREE BREAD +2

Mozzarella, Tomato & Pesto‡ $14

Macro Wrap‡ $14
Roasted cauliflower, beet hummus, sweet potato, goat cheese, walnuts, over sautéed kale with tahini vinaigrette

Balsamic Portobello Mushrooms $14
Served with avocado, greens and beet hummus

Buffalo Chicken $16
With cheddar, jalapeño sauce, lettuce and tomato

Buffalo Cauliflower $14
With cheddar, jalapeño sauce, lettuce and tomato

TGB Almond Chicken Salad Wrap‡ $16
With grapes

Chicken, Bacon, Cheddar $16
Mixed greens, heirloom tomato with green goddess

Hot Honey Chicken $16
Asian slaw, pickles, green goddess

Grilled Chicken Caesar $16
Grilled chicken, romaine, shaved Brussels and cauliflower, Parmesan Rosemary Granola, lemon anchovy dressing

Rachel $15
Roast turkey, swiss, coleslaw and TGB Sauce

Turkey Avocado BLT $15
Avocado, roast turkey, BLT with green goddess

Tuna Wrap $15
Tuna, heirloom tomato, avocado, arugula, salsa macha

Blackened Salmon $17
Blackened salmon, warm quinoa, balsamic onion jam, avocado, green goddess dressing

SIGNATURE SALAD BOWLS

Served family style.

AVOCADO +3 CHICKEN +7 SALMON *(baked or blackened)* +10 STEAK +12

GREENS SALAD $10PP
Mixed greens, cucumber, tomato, carrots

BRUSSELS & KALE‡ $12PP
Brussel sprouts and kale, quinoa, dried cranberries and sesame almonds

BAR CAESAR SALAD* $12PP
Romaine, shaved brussels sprouts, parmesan, Rosemary Parmesan Granola, anchovy lemon dressing

THE NAUGHTY COBB‡ $14PP
Assorted mixed greens, cherry tomatoes, hard-boiled egg, cucumber, feta, Maple Bacon Granola and grilled chicken

POWER BOWL* $12PP
Balsamic portobello mushrooms, sautéed spinach, cherry tomatoes, hard-boiled egg, sliced avocado and warm quinoa

MACRO BOWL‡ $14PP
Roasted cauliflower, beet hummus, sweet potatoes, goat cheese, walnuts and kale

TACO BOWL $14PP
Pork carnitas, sweet potato, spiced black beans, avocado, chipotle salsa, pickled onion, parm and jalapeño served over roasted cauliflower

SIDES

ORZO SALAD $7PP
Cherry tomatoes, red onion, kalamata olives, cucumbers and feta

ROASTED ROSEMARY POTATOES $7PP
Butter, olive oil, potatoes and salt

TGB MAC AND CHEESE‡ $8PP
Served warm and topped with our crunchy house-made Rosemary Parmesan Granola

FRUIT $5PP
Fresh cut fruit medley

ADD PLATES & UTENSILS $1/PP

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PARTY PLATTERS

SLIDER PLATTERS $12 *(per 2 sliders)*

Pulled Pork
coleslaw, pickles and jalapeño parm sauce

Grilled Chicken
cheddar, bacon, mixed greens, heirloom tomato, green goddess

Portobello Mushrooms
with hummus and greens

Blackened Salmon +4
onion jam, avocado, green goddess

Steak + Chimi* +4
arugula, avocado, aioli, crispy shallots

Grilled Cheese *(3 sliders)* $12

VEGETABLE CRUDITE $8PP
Fresh-cut vegetables served with our home-made beet hummus and green goddess dip

ARTISANAL CHEESE PLATTER‡ $10PP
Selection of cheeses, served with crackers and garnished with berries and granola

QUESADILLA PARTY PLATTER $7PP
Full quesadilla cut into thirds, served with signature avocado mash, salsa and sour cream

CHEESE MUSHROOM +1 CHICKEN +3 STEAK +4

PIGS IN A BLANKET $50 *Small (20 pcs)* $88 *Large (35 pcs)*
Requires 24 hours notice. Available Darien, Rye, UWS, Woodbury
Served with mustard

DEVILED EGGS SIGNATURE $6 *(per 3 halves)*
minimum 24 halves

TOPPINGS

Candied Turkey Bacon +2

Bacon & Parm Jalapeño +2

Feta & Crushed Red Pepper +2

Smoked Salmon & Pickled Onion* +2

BEVERAGES

Beverage boxes are 96oz, serve 10 – 12 and come with cups.

BOX OF JOE $40
Hot or Iced. Comes with milks (choose 2) and sugars

BOX OF OJ $30

BOX OF ICED TEA OR LEMONADE (OR MIX!) $30
Iced teas: Hibiscus, Green, Black
Lemonades: Pomegranate, raspberry

TEA KIT $20
A variety of tea bags with hot water

SELTZER OR SPARKLING WATER $3

BOTTLED WATER $2

ADD PLATES & UTENSILS $1/PP

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